

A TRAINED NURSE

After Years of Experience, Advises Women in Regard to Their Health.

Mrs. Martha Pohlman of 55 Chester Avenue, Newark, N. J., who is a graduate Nurse from the Blockley Training School at Philadelphia, and for six years Chief Clinic Nurse at the Philadelphia Hospital, writes the letter printed below. She has the advantage of personal experience, besides her professional education and what she has to say may be absolutely relied upon. Many other women are afflicted as she was. They can regain health in the same way. It is prudent to heed such advice from such a source.

Mrs. Pohlman writes: "I am firmly persuaded, after eight years of experience with Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to use."

"Immediately after my marriage I found that my health began to fail. I became weak and pale, with severe bearing-down pains, fearful backaches and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would bloat after eating and frequently become nauseated. I had pains down through my limbs so I could hardly walk. It was as bad a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all forms of female difficulties, and I find that while it is considered unprofessional to recommend a patent medicine, I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures female ills, where all other medicine fails. It is a grand medicine for sick women."

Money cannot buy such testimony as this—merit alone can produce such results, and the ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine. When women are troubled with irregular, suppressed or painful periods, weakness, displacement or ulceration of the female organs, that bearing-down feeling, inflammation, backache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability,

Lydia E. Pinkham's Vegetable Compound Succeeds where Others Fail.



COMMUNICATIONS

We do not hold ourselves responsible for opinions expressed by correspondents.

The Winter in Alberta.

To the Editor of the Watford Guide-ADVOCATE: When visiting our old home at Watford during the months of December and January, I noticed that all, or nearly all, eastern newspapers published lengthy accounts of the great depth of snow in the West, coupled with very severe frost, and that many cattle were dying on the ranges, etc.

I naturally felt somewhat alarmed at those reports and became anxious about my stock and hastened back to my home in Southern Alberta. We left Watford on the 28th ult. and reached here on the 5th inst. I was agreeably surprised to find that my horses and cattle were in as good condition as I ever had them since I came to this country, 4 years ago, all my horses (except the work horses) sucking colts included, were out in pasture without any shelter or feed except grass which was covered with some 10 or 12 inches of snow, while my cattle had the grass and straw stacks for food and shelter, and I have no hesitation in saying, that they will compare favorably with stock stabled in bank barns in Ontario.

It is very true that large ranchers lost heavily in losing cattle on the range for want of food and shelter. It has been the custom with many ranchers to put sufficient feed for calves, and for the weaker cows, allowing the greater part of their herd to rustle for a living. That does all right in an ordinary winter when the snowfall is not too heavy, but when 8 or 10 inches of snow covers the ground for several weeks, it is sure to result in a large per centage, but where cattle are fed and have some shelter from the sharp winds it is simply wonderful how well they winter.

With horses it is altogether different. They can dig the snow to reach the grass and thus avoid the more of the time during cold weather.

It is said by the oldest settlers that this winter has been the coldest in 20 years, the mercury for weeks below zero, several times playing around 50 degrees. We, in the High River District, are fortunate in being within easy reach of coal mines which are 13 miles from my place, and costs \$2.50 per ton.

Since our return we have been favored with chinook winds and snow and frosts left in a hurry and wheeling is now the mode of conveyance.

Our school is running in full blast presided over by Miss Ella J. Taylor, an Ontario girl, who is quite capable of teaching the young idea how to shoot. The school is 1 mile from my place, while there is a church 3 miles distant.

In conclusion I wish to say that we enjoyed our trip East, to the fullest possible extent. While on the way home we spent some time with Mr. Thomas Hughes and family (formerly of Kerwood) at Calgary. Mr. Hughes is doing a good business ranching and butchering. He has four men in his butcher shop and three men on his ranch.

Thanking you in advance for space, and wishing you a prosperous year, I remain,

Yours truly,
H. F. RICHARDSON,
Fairview Ranch,
Cayley, Alberta.

Cayley, Alberta, Feb. 7th, 1907.

Another Great Discovery.

A well known gentleman in Black Bay, Ont., Mr. John Cowan, has discovered an absolute specific for Rheumatism, and writes: "I was afflicted with sciatica and chronic Rheumatism which I contracted years ago. The disease had a great hold in my blood, and it was hard to make any impression on it. Reading of Ferrazole I was convinced of its merit and it's certainly the best I have ever tried. Why it just drove away the rheumatism. Even stiffened old sufferers will experience quick results. The reason is that Ferrazole acts through the blood and thereby destroys the cause of the disease. Price 50c per box at all dealers."

Mrs. Kate Featherstone, relict of the late Joseph Featherstone, died at her residence at Courtright on Saturday after about a week's illness from pneumonia. Mrs. Featherstone was aged 66 years.

The contract for the Wiley bridge over the Thames River, south of Athens, has been awarded to the Petrolia Bridge Company for \$13,350. Their price for the steelwork was \$7,450 and for the concrete \$5,600.

A lady writes: "I was enabled to remove the corns, root and branch, by the use of Holloway's Corn Cure." Others who have tried it have the same experience.

A \$2,000 up-to-date schoolhouse in section No. 1 of Ekrid township, was completely destroyed by fire on Wednesday morning of last week. The school was erected about one year ago, replacing an old structure that was destroyed by fire in 1905.

ENGLISH SPAVIN LINIMENT removes all hard, soft or calloused lumps and blemishes from horses, blood spavin, curbs, splints, ringbone, sweeney, stifles, sprains, sore and swollen throat, coughs, etc. Save \$50 by use of one bottle. Warranted the most wonderful Blemish Cure ever known. Sold by T. B. Taylor & Sons.

A review of the annual business done by the Canada Company for 1906 shows that the sales realized from 20 to 60 per cent over the valuations of 1904. Some of the land referred to in the report is situated in the township of Bosaquet, reclaimed by the drainage of Lake Burwell.

CREOSOLENE ANTISEPTIC TABLETS A simple and effective remedy for SORE THROATS AND COUGHS They combine the germicidal value of Creosole with the soothing properties of slippery elm and licorice. Your druggist or from us, 10c in stamps. Lassarre, Sines Co., Limited, Agents, Montreal, 401



Every Nurse will tell you "Invalids require nourishment that's easily digested, for in cases of sickness the gastric juices are so weakened they cannot act properly on ordinary foods."

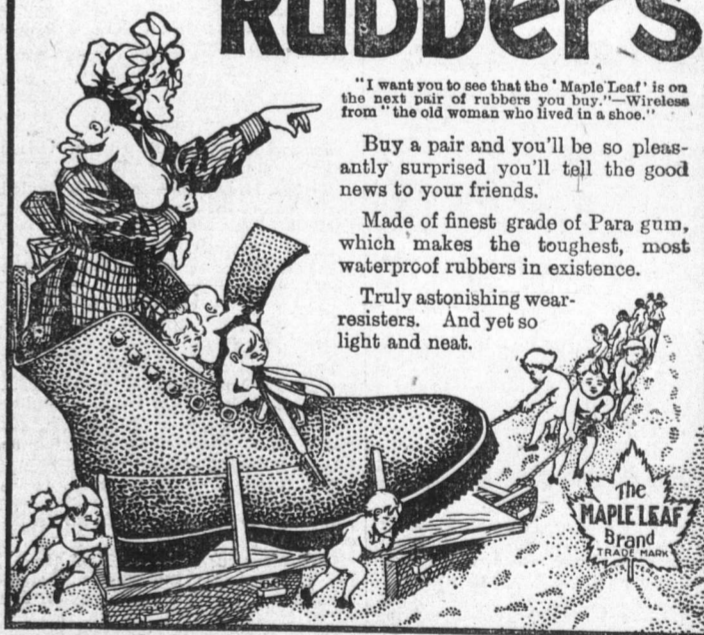
Some stimulation is also required, but it must be stimulation without reaction. Tea, coffee, spiritous drinks and similar preparations, are stimulants—stimulants that react.

Beef tea and meat extracts are also stimulants, but with this difference, they don't react. Yet while they have stimulating properties, they are practically devoid of nourishment.

"Bovril" not only stimulates but nourishes as well, for in it the nourishing qualities of beef, fibrine and albumen are fully preserved.

BOVRIL
IS
A TRUE FOOD
Not merely a stimulant.

Maple Leaf Rubbers



"I want you to see that the 'Maple Leaf' is on the next pair of rubbers you buy."—Wireless from "the old woman who lived in a shoe."

Buy a pair and you'll be so pleasantly surprised you'll tell the good news to your friends.

Made of finest grade of Para gum, which makes the toughest, most waterproof rubbers in existence.

Truly astonishing wear-resisters. And yet so light and neat.

Resists Wind

Sold By

Geo. Chambers,

DEALER IN

LUMBER and COAL.

Planing Mill and Chopper,

IN CONNECTION.



In the Country where the wind gets full sweep
Rex Stinchote ROOFING
will stay put when shingles are blowing off. Resists fire, water, heat, cold and wear. Easy and inexpensive.
SAMPLES FREE
with book and photos of Rex Stinchote farm buildings.
"Look for the Boy" on every roll.

"How Shall I Know I Have Kidney Trouble"?

- Pain in the Back
- Lumbago
- Rheumatism
- Sciatica
- Feverishness
- Scanty Urine
- Highly Colored Urine
- Brick Dust Deposit
- Painful Urination
- Frequent Desire
- Pain in Joints and Hips
- Painfulness under Eyes
- Spots Before the Eyes
- Bloating
- Irregularity of the Bowels
- Foul Breath
- Loss of Appetite
- Irritation of the Bladder
- Gravel and Gall Stones
- Drizzling
- Dropsical Swellings
- Bright's Disease
- Loss of Flesh.

Hundreds of men and women are asking themselves that question. They are not well—and yet not exactly ill. Doctors say—"all run down—need a tonic." But tonics fail to bring back health and strength. It may be that your kidneys are affected. Here's a simple test to prove it:—

Collect the urine passed in the morning, in a glass vessel or bottle, and let stand 12 hours. If there is a reddish deposit—if the urine is cloudy or milky—or if there are floating particles or shreds—then assuredly there is some serious derangement of the kidneys.

Healthy urine stays perfectly clear.

"Bu-Ju" The Gentle Kidney Pill.

clears up the urine. That's the way you know that it is doing your kidneys good. "Bu-Ju" reaches every part of the kidneys—replaces the diseased tissues with strong, healthy membrane—gives the kidneys the strength and power to properly filter the blood.

"Bu-Ju" has thousands of cures to its credit, right here in Canada, among people you know. 50c. a box. At all druggists.

THE CHAFLIN CHEMICAL CO. Limited, WINDSOR, Ont.

A. D. HONE,
Painter and Paper Hanger,
St. Clair Street — Watford

If you want Up-To-Date V in all kinds of Decorat ing, it will be to your interest to consult me. Thanking you for past favors, and soliciting a o of your liberal patronage. Graining and Art Wo D orating a Specialty.